

AMENDMENTS TO THE SPECIFICATION

Please replace the paragraph beginning on page 6, line 7, with the following amended paragraph:

As illustrated in Figures 3A and 3B, the insert 12 has a bottom surface 28 opposite the top surface 20. The bottom surface 28 is preferably substantially planar and may be substantially parallel to the top surface 20. As illustrated, the bottom surface 28 surrounds a uniform ~~convex~~ concave portion 30. The bottom surface 28 of the insert 12 is illustrated greater detail in Figure 16. In one example, the ~~convex~~ concave portion 30 corresponds to the shape and size of the raised portion 22. However, the ~~convex~~ concave portion 30 may have a different shape and/or size from the raised portion 22. The ~~convex~~ concave portion 30 also is recessed, at its maximum height, a distance h_{cvp} spaced from a second plane P_2 defined by the bottom surface 28. The spacing of the various parts of the ~~convex~~ concave portion 30 from the plane of the bottom surface 28 may be varied, and may feature peaks 33 and valleys 35. Generally, the height h_{cvp} of the ~~convex~~ concave portion may be any suitable distance relative to the thickness t_{cp} of the insert 12. As illustrated, the height h_{cvp} of the ~~convex~~ concave portion 30 is at least one-quarter the thickness t_{cp} of the insert 12 at its edges, and preferably about half the thickness of the insert 12.

Please replace the paragraph beginning on page 6, line 21, with the following amended paragraph:

It will be appreciated that alternatively the bottom surface 28 could extend across the entire extent of insert 12 and that a ~~convex~~ concave portion 30 would not appear. In another embodiment, raised portion 22 could appear on both sides of insert 12 or ~~convex~~ concave portions 30 could appear on both sides of insert 12.

Please replace the paragraph beginning on page 6, line 25, with the following amended paragraph:

The raised portion 22 and ~~convex~~ concave portion 30 are preferably uniform in configuration. A uniform configuration means that the raised portion 22 or ~~convex~~ concave portion 30 has a shape and/or pattern that may include one or more of the following: radial symmetry of the raised or ~~convex~~ concave portion; symmetry between opposite sides of the raised or ~~convex~~ concave portion; constant spacing between features of the raised or ~~convex~~ concave portion; constant height or width of features of the raised or ~~convex~~ concave portion; constant rate of change of height or width of features of the raised or ~~convex~~ concave portion from the center to the outer edge; and constant height, width and/or cross-sectional shape within each feature of the raised or ~~convex~~ concave portion. By constant it is meant that they are substantially the same.

Please replace the paragraph beginning on page 7, line 5, with the following amended paragraph:

The embodiment of Figure 1 has at least some of these characteristics that make the raised portion 22 and ~~convex~~ concave portion 30 uniform in configuration. The insert 12 has symmetry between opposite sides of the raised or ~~convex~~ concave portion, for example, when divided in half along lines 3A-3A and 3B-3B. Additionally, the individual spacings between each concentric ring 24, along with the width w_r of the each concentric ring 24, is constant. The height h_r between the valleys 23 and the peaks 25 for each ring is also constant. There is a constant rate of change of height above the plane of surface 20 for the peaks 23 and valleys 25 from the center to the outer edge 31 of the raised portion 22. There is also a constant rate of change in the height between peaks 33 and valleys 35 of ~~convex~~ concave section 30 and the plane of bottom surface 28. Thus, there is a consistent slope of the peaks 23 and 33 and valleys 25 and 35 of the respective raised and ~~convex~~ concave portions 22 and 30.

Please replace the paragraph beginning on page 7, line 17, with the following amended paragraph:

Now referring to Figures 4-10, different embodiments of the raised portion 22 on the insert 12 will be described. Although described with regard to the raised portion, it will be appreciated that each of these embodiments could also be used for the ~~convex~~ concave portion 30. The different embodiments are for illustrative purposes only, and are not intended to limit the invention.

Please replace the paragraph beginning on page 8, line 11, with the following amended paragraph:

Figures 6-10 show different cross-sections of different raised portions 22 for an insert. These different embodiments could also be used for the ~~convex~~ concave portion 30. Each embodiment of the raised portion 22 includes at least one characteristic that is described above as making the configuration of the raised portion 22 uniform. Figure 6 illustrates the raised portion 22 having constant widths w_r , heights h_r and cross-sectional shapes for the features 27 of the raised portion 22, including the knob 26 and rings 24. The spacings s_r between the features 27 are also constant. The raised portion 22 at least has symmetry along line A-A dividing the raised portion in half. Figure 7 illustrates the raised portion 22 with the features 27 being concentric rings 24, but not having a knob 26. The concentric rings 24 have different widths w_r , heights h_r and cross-sectional shapes, which vary from square to rectangular. However, at least when divided along line A-A, the raised portion 22 may have symmetry. Figure 8 shows a raised portion 22 with features 27, including a knob 26 and concentric rings 24, with a constant rate of change in height above the plane of surface 20 for the peaks 23 and valleys 25 from the center to the outer edge 31 of the raised portion 22. The concentric rings 24 also have the a constant width w_r . The raised portion 22 may at least have symmetry along line A-A. Figures 6-8 illustrate the concentric rings 24 and knob 26 as having sidewalls 39 being perpendicular to the top surface 20 and valleys 23 between the features 27 of the raised portion 22.

Please replace the paragraph beginning on page 9, line 30, with the following amended paragraph:

Referring to Figures 13A and 13B, the raised portion 22 extends, at a maximum height, a height h_{rp} from the plane of the top surface 20 and features a matching ~~convex~~ concave portion 30 recessed from the plane of the bottom surface 28 of the insert 38, at a maximum height, a distance h_{cvp} . The outermost edge 36 of the raised portion 22 is spaced a distance d_{re} at its closest points to the outer edge 18.

Please replace the paragraph beginning on page 10, line 5, with the following amended paragraph:

The embodiment of Figure 11 has at least some of the above described characteristics that make the raised portion 22 and ~~convex~~ concave portion 30 of a uniform configuration. The insert 38 at least has radial symmetry, and has symmetry between opposite sides of the raised or ~~convex~~ concave portions 22 and 30, for example when divided in half along lines 13A-13A and 13B-13B. Additionally, the individual spacings s_r between each concentric ring 24, along with the width w_r of the each concentric ring 24, is constant. The height h_r between the peaks 23 and the valleys 25 for each ring is also constant. There is a constant rate of change of height above the plane of surface 20 for the peaks 23 and valleys 25 from the center to the outer edge 31 of the raised portion 22. There is also a constant rate of change in the height between peaks 33 and valleys 35 of ~~convex~~ concave portion 30 and the plane of the bottom surface 28. Thus, there is a consistent slope of the peaks 23 and 33 and valleys 25 and 35 of the respective raised and ~~convex~~ concave portions 22 and 30.